

Shape up for
spring

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北京青年报
BEIJING YOUTH DAILY

Art confronts its own aging



The latest show at CAFA Art Museum addressed one of the toughest questions in modern art: how can a contemporary work remain vital and alive?

The exhibit, open through April 10, shows some of the best pieces from Milan's Triennale Design Museum that address the complex relationship between time and design.

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Gossip in a mountain clinic

With no other doctors to serve the village, Ma Bingcheng's clinic is the de facto meeting place for elders. It's here that director Cong Feng stitches together the stories of woe that make up life in the countryside.

Website turns music ed on its head

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Europe's masters of green design share at conference

China is in need of a smart solution to construct better, greener homes and offices. Thankfully, some of the top talents in the field are sharing their experience.

On April 2, experts from France and Denmark brought their best green designs to the 9th International Conference on Green and Energy-Efficient Building and New Technologies and Products Expo in Beijing.

Their examples are a valuable lesson in building sustainable cities.

French architects share green designs

By Liu Xiaochen

Representatives of the French government and research groups held a seminar about the latest in green development at the 9th International Conference on Green and Energy-Efficient Building and New Technologies and Products Expo in Beijing.

France is among the leaders in green architecture and city planning in Europe, said Etienne Crépon, director of Housing, Urban Development and Landscapes for the Ministry of Territorial Equality and Housing.

"France has a policy of focusing on heat retention to improve energy efficiency in new buildings," he said. The French government is picking strategically positioned buildings to redevelop in an energy efficient fashion as a response to global warming.

"We are also trying to lead enterprises to better develop the field. Our government has also introduced a number of regulatory measures to guide development in this industry," he said.

Crépon said France sees sustainable development as the answer to pollution and housing pressure.



Signe Kongnebro (left), Kristian Ahlmark (second from left), Kai Uwe Bergmann (second from right) and Mathilde Serup (right) Photo by Zhao Hongyi

"France has many mature solutions that can be applied in countries all over the world, especially in China," he said, mentioning several pilot projects France has in Wuhan.

Bruno Mesureur, a representative of French Architects Abroad (AFEX), introduced the French approach to a sustainable city: one designed to be dense, intense, sober, transformable and based on social and functional diversity.

"China is a main destination for French architects. The Beijing National Theater and many railway stations and airports are among their works," he said.

"A good design for a sustainable city will deal with complexity and takes into account many parameters such as population, economic production, agriculture, pollution and transportation," he said.

The French Center for Sustainable Cities is slated to open this autumn with the support of the French Embassy in Beijing and several French ministries. It will be located at the French embassy and managed by AFEX as a venue for conferences, exhibitions and exchange activities.

The center will also promote advanced French technology such as the sustainable index HQE certification of buildings

and neighborhoods suggested by Michel Havard, president of the HQE Association and Bilan Carbone Association.

The seminar was organized by the Embassy of France, the French Ministry of Territorial Equality and Housing, the French Ministry of Ecology, Sustainable Development and Energy and large organizations such as AFEX, Club ADEME International and the HQE Association.

Denmark's green design experience

By Zhao Hongyi

In a seminar on sustainable projects, named The Danish Way of Achieving Sustainable Buildings and Communities, held on Tuesday this week, three Danish architects presented ways Danish firms are achieving sustainable living designs.

The seminar was part of the 9th International Conference on Green and Energy-Efficient Building & New Technologies and Products Expo, held at the Beijing International Conference Center from March 31 to April 3.

"Sustainable architectural designs are closely connected with public health and city prosperity," said Mathilde Serup, marketing manager of the Danish Architecture Center.

Kristian Ahlmark, from the Danish

design firm Schmidt Hammer Lassen, talked about designing open-view buildings and the importance of water in city planning, citing several of the firm's projects as examples.

In Copenhagen, Schmidt Hammer Lassen transformed the front yard of the Royal Library into a public recreational space and redesigned a bank's headquarters to absorb more sunlight. In Shanghai, it transformed a coal storage center into an art gallery and built the Danish Hall at the 2010 Shanghai Expo.

"More windows in different shapes yield more sunlight, flexible space makes the interior seem more developed and careful planning for the winds can make designs more comfortable," said Signe Kongnebro from the Henning Larsen Architects.

The buildings Kongnebro's group has designed reduce the energy consumption by 40 to 50 percent on average.

"The light color of the exterior walls is also very important," she said.

Kai Uwe Bergmann from BIG design company talked about shapes of glass walls, reuse of rainwater, public transportation and recycling garbage to provide heating and cooling.

BIG designed the Danish Hall at the 2010 Shanghai Expo, which housed the statue of the Little Mermaid for six months.

"China should focus on making full use of the old buildings rather than demolishing them," he emphasized.

More than 500 other companies joined the expo. Architects and builders from the US, France, Germany, Denmark, Singapore, Britain, Spain and Holland presented hundreds of seminars during the expo.

Other topics included new construction materials, high density displays, new construction tools, low carbon cities, the use of sunlight and LEDs, new skyscrapers and smart systems.

French countries and China improve friendship

By Liu Xiaochen

Seven cross-cultural fashion designs, the results of a project that paired seven design students in Switzerland, Belgium, France and Quebec with their local peers, were exhibited at Brussels Restaurant and Bar in Chaoyang District last Friday.

The idea for the activity grew out of a special program by the Brussels International Youth Office (BIJ) to improve friendship between Franco-phonetic nations and China.

The designers worked in teams to finish their work between March 15 and 29 at the Beijing Institute of Fashion Technology.

"This project is good because it connects people between Europe, Canada and China. My job is trying to connect Chinese students and foreigners," said Tom Gobels, a Belgian designer who teaches at Raffles Design Institute in Shanghai.

"My partner and I did not think about how to design our work at the beginning. We went to the market to choose fabrics we liked," said Peng Na, a student from Raffles Design Institute in Shanghai. "The fabric was a pleasant surprise when we found it."

Guo Yiyi, a student from Beijing Institute of Fashion Technology, said she shared similar ideas with her partner.

"My partner paid more attention to the structure of the clothes while I focused on decoration," Guo said. "Our work combined the elements we both liked. It wasn't hard for us to discuss and cooperate."

Swiss designer Jenifer Burdet agreed.

"I work with a Canadian girl and a Chinese student. The most difficult part is to find a pattern and the shape that fits the body," Burdet said. "I was at a Chinese fashion show last week. I think it is actually a similar idea, but following

a different tradition."

"Compared to the advanced custom of fashion in France and Italy, I prefer the commercial products of Holland and Belgium," said Du Hao, another student at the Beijing Institute of Fashion Technology. "Small countries are more open in their ideas of fashion."

Swiss Ambassador Jacques de Watteville said it was very interesting to see the results of combining such different cultural backgrounds, even though China and Europe are getting closer and closer.

"It is not a question of whether they are Chinese or foreign, but of personality," Gobels said. "Chinese designers were good at copying five years ago, but now I find that many want to be themselves and develop their own brands."

"More and more Chinese people want to buy special designs. I think new independent designers will provide those," Gobels said.



Designs by Peng Na's team

Photo by Liu Xiaochen

4A CEO leads in online music education

By Bao Chengrong

Studying music doesn't have to be a boring luxury.

Last month, former 4A CEO Wei Kaiyuan launched icanmusic, the first domestic online music college.

"The professional study of music is painful and elite-oriented. To become a famous musician like Lang Lang, you have to give up fun for practice," Wei said. "But 99 percent of the people just want to enjoy music and use it to experience a different social life."

Wei decided to fill the gap for such spiritual cultural products.

From App to Web

Wei tested the waters with a series of Apps for iPad and Windows in 2012.

The software, which allowed users to download free and paid courses, was downloaded more than 100,000 times: 10 percent of the users went on to pay for courses.

But there were many problems. The large video files wasted space on phones, and users had little chance to interact with each other.

"Social interaction is the biggest motivation for learning music, but we can hardly duplicate it through an App," he said.

Price was another problem: a music course on icanmusic cost 99 yuan, making it one of the more expensive Apps available. But Wei said price cuts would seriously affect quality.

The limitations of the App platform pushed Wei's focus to the Web. Instead of copying the offline courses, Wei created a new model: the Flipped Over Classroom. Learners can



Wei Kaiyuan

watch courses anywhere at any time, interact with others in virtual classes and practice or share their achievements in offline activities.

To make the course videos interesting, Wei has encouraged the teachers to use a deductive teaching method, allowing students to feel accomplished after each class. He also made each class shorter: none is longer than 10 minutes.

"Our users can learn to play 'Canon in D' in, at most, six months. We provide them the



icanmusic Apps

way to learn what they really need rather than unnecessary theory," Wei said.

Wei said the process of developing course videos is similar to shooting a film. Teachers write their scripts, and then his colleagues shoot the video from several different directions. The final material goes through post-production.

Some of Wei's famous musician friends were among the course's first teachers. Later, more professors and musicians joined in.

The targeted customers of icanmusic are children, pregnant women and the elderly. Wei said the market for those who want to take an unconventional way to learn music is 30 percent, but the potential market



Renowned musician Zhang Songtao plays Ukulele in 2012 Music China for icanmusic. Photos provided by icanmusic

is more than 90 percent.

Among the current users, 60 percent are women and 80 percent are studying piano.

Although elderly users have had many difficulties using the platform, Wei said he believed conditions would change in the next five years when more skilled netizens move into the elderly demographic.

Social learning

Apart from the creative products, Wei said icanmusic's next focus will be social learning.

Wei carried out a music microblog "Gebo" for users to upload their original music. He said that while the songs have little professional value, they can play a valuable role in building social connections.

The company is also cooperating with instrument shops in 11 cities to provide offline practice spaces.

Wei expects more.

He said he hoped his partners can create a real social platform in three years rather than simply using offline platforms to teach and sell instruments.

"The core of promoting customer loyalty is social learning. It is also the soul of education," Wei said.

He also plans to create an English version of the Guzheng App as a way to spread Chinese instrumental music abroad.

Wei said the international market was one of his early targets, but that the business model needs to be changed to fit the foreign social and musical environment. He said the social learning the company is currently working on may be more valuable in overseas market.

"I hope icanmusic can one day become a lifestyle," Wei said.

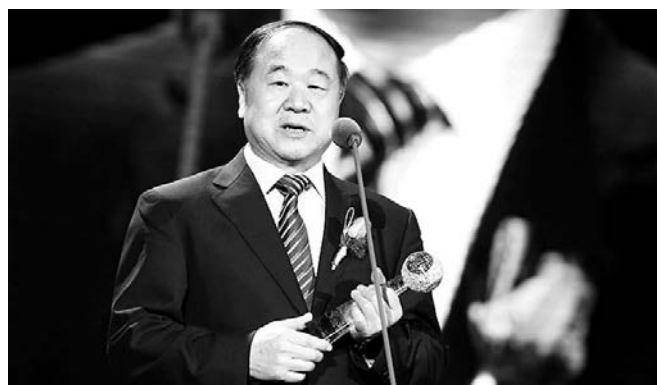
Nobel laureate Mo Yan named most influential

By Huang Daohen

Writer Mo Yan was selected as one of 11 elites to receive You Bring Charm to the World, an annual award to honor Chinese people for outstanding achievements.

Mo, born to a family of farmers in Shandong Province, won the 2012 Nobel Prize in Literature even though he only attended primary school. His award fills a blank in Chinese literary history.

The 58-year-old writer does not consider himself a literary master: instead, Mo said he felt ashamed. "If someone called me a literary master,



Mo Yan

Photo provided by Phoenix TV

I would take it as disguised sarcasm. I believe I am far from qualified for the title," he said.

Mo said he will continue to be a storyteller, and in order to do so he would commit himself to writing instead of meet-

ings and media interviews.

The other 10 awards went to Scientist Sun Dawen, who has two academician titles in the Royal Irish Academy and the Academy of Europe, Wang Jun, dean of Beijing Genomics Institute Shenzhen, the Shenzhou VI crew and the team of the Daya Bay neutrino experiment.

Philanthropist Betty Kwan Chinn won the award for public welfare. During the past 20 years, Chinn has helped more than 500 homeless people, including the mentally ill, disabled veterans and drug abusers.

The Chinese sports delegation to the London 2012 Games won the sports awards, while pianist Lang Lang took the art award.

The lifetime achievement award was presented to Hsing Yun, one of the world's most venerated Buddhist masters. Hsing founded the Mt. Fuguang Buddhist Order, the largest religious organization in Taiwan.

The awards, presented annually since 2006, are sponsored by 14 media groups, including Phoenix TV, Beijing Youth Daily and China News Service.

City to curb air pollution by 2016

By Zhao Hongyi

City officials announced a 100-billion-yuan plan intended to improve the city's rapidly deteriorating air quality during the next three years.

Major items in the project include new sewage and waste treatment systems, tree plantings and a curbing of illegal construction, said sources from the municipal conference. They called on citizens to participate in the campaign, last weekend.

To improve water quality from 2013 to 2015, the capital plans to establish 47 new recycled-water plants and upgrade 20 sewage plants, Beijing Water Authority said in a statement.

About 1,290 kilometers of new pipes will be laid or replaced as part of the sewage expansion, it said.

The plan also calls for five new garbage incineration plants by 2015 to

ensure 70 percent of the city's waste is burned. The city currently has two incineration plants that process 16,900 metric tons of waste per day.

Three green belts are planned for the north of the city to slow the approach of expanding deserts. "But we still need to improve the small environment of Beijing," said Mayor Wang Anshun.

The capital's smog is a comparatively new problem. In the past, sandstorms were one of the primary concerns of the capital's residents. The government has curbed the sandstorms after three decades of work.

"Beijing's natural environment is weak considering it has deserts to its north and west," Wang said. "The fight against sandstorms is ongoing."

He said the huge investment would be met through market reforms

designed to allow the private sector to participate in public investment.

Fang Li, deputy director of the Environmental Protection Bureau, said the government will take more measures to cut emissions and improve air quality through its policy of keeping all private cars off the road for one day per week.

The city will continue to control vehicle emissions, launching the policy in particular areas and periods to control the number of cars on road.

Illegal buildings and land use are a growing problem in the suburbs. The campaign will focus on structures built on collectively owned land in old towns and high-end communities, said Wang Wei, deputy director of the city's urban planning commission.

The government will spend a month curbing growth of illegal construction

or land use and then make a list of illegal buildings to be demolished from May to July 2014, Wang said.

Wang said government departments and state-owned enterprises should take a leading role in demolishing illegal buildings owned by their branches.

The pollution in Beijing has been increasing seriously over the past years and has been a headache for authorities since so many central government agencies and international agencies are located in the capital.

Some preliminary efforts began over the weekend.

In Fangzhuang, by Southeast Third Ring Road, locals have started cleaning up decades of garbage.

Tens of thousands of residents planted trees in the eastern suburbs' Forestry Park.



Smog has become a commonly seen disaster in Beijing.

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BQ
WEEKLY
北京青年周刊



纯风·晨晓的色彩世界

主办：中华人民共和国国务院侨务办公室

策展人：赵力

展览地点：中国国家博物馆

展览时间：2013年4月9日—22日

承办单位：《北京青年》杂志社

协办单位：百雅轩文化艺术机构

学术支持：CCAD 中国现当代美术文献研究中心

2013年4月9日即将在中国国家博物馆上演一场关于色彩的艺术盛宴，这是新西兰华裔艺术家晨晓回归祖国后的巡回画展第二站——纯风·晨晓的色彩世界。

展览将集中展出四十余幅具有典型“晨氏风格”的精彩油画作品，其旨在梳理晨晓远赴澳洲新西兰26年的艺术创作之发展脉络、线索变化与艺术特征。个性鲜明的色彩、表现主义的语言、极具西方意味的审美形式、中国文人画精神在晨晓的油画中共同交织，最终构成独具个人特色的艺术风格——晨氏

唯美表现主义。晨晓力求用作品的内涵传播大爱无疆的高尚情怀，希望自己的绘画能激起大家对大自然、对世界的爱，真正唤醒人们的环保意识。国博展览期间，晨晓会将参展的部分作品组织进行拍卖，所得全部善款将捐献给当地优秀的环保机构及个人。巡展结束后，晨晓会把全部作品拍卖所得款项捐献给中国的绿色环保基金会，以“造福于子孙万代”的环保理念激起人们对大自然的关爱。

此次展览将持续至2013年4月22日，为期14天。

BQ 北京青年周刊空白展

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空白展

A contemporary model at just the right time

By Chen Nan

Art must transcend time: it must remain vital and alive even as time passes. But how do works endure, or even approach the idea their its own aging? That's the issue discussed in the latest show at CAFA Art Museum.



Time O Time Joe Velluto

People have always been fascinated by Salvador Dali's melting clocks. As an art reviewer once explained, his works on time are "a surrealist meditation on the collapse of our notions of a fixed cosmic order."

Contemporary art designers, however, no longer care about cosmic order or national collapses. They focus on accuracy and functionality.

Yet the relationship between time and design is actually much more complex.

Until April 10, visitors to CAFA (China Central Academy of Fine Arts) Art Museum in Beijing can see what that means. *O'Clock: Time Design, Design Time* features works that were successful at Milan's Triennale Design Museum, and is presented in collaboration with the Italian Cultural Institute.

The show is curated by Silvana Annicchiarico and Jan van Rossem, with design and arrangement by Patricia Urquiola.

Another partner is Officine Panerai, an Italian fine watch-making company that rose to fame during the 1930s and '40s with the designs Luminor and Radiomir.

Chinese artists are also in the lineup. Compared with the Milan show, the Beijing one features an expanded selection of works.

International artists and designers raise questions and pose distinctive themes: "How is time measured?" "How can passing time be shown?" "How can time be experienced?"

All works deal with the passage or flow of time, evolution and decay.

Annicchiarico said that though the showcase doesn't intend to provide answers, visitor will get a glimpse of the artists' thought processes.

Another highlight is the layout. The exhibition path features two modes: a "normal" entrance and a "fast track" entrance. The concept of the "fast track" is inspired by airports: a privileged track, a sort of fast lane.

But here, the fast track holds a different meaning: it's a rapid summary of the show, with less content.

The curators said the "fast track" is a subtle reference to what time is for



Holy Heimat Collection Stefan Strumbel



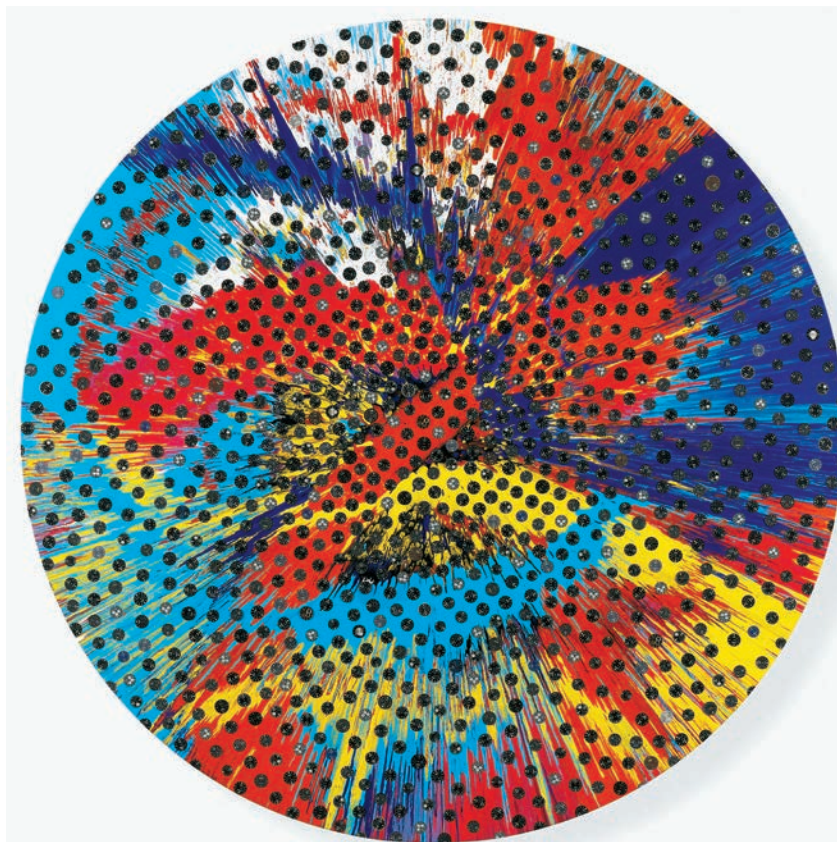
Counting Sand Yang Xinguang



Chrono Shredder Susanna Hertrich

contemporary mankind, who continually fight against time to keep up with everything. It also echoes people's anxiety and impatience.

The exhibition is further divided into three sections. The first deals with objects that transcend time and time-travel. The works are free and abstract, seemingly random, without a structural link between them, and are presented on



Beautiful Sunflower Panerai Painting



Scented Time Sovrappensiero Design Studio

very spare, minimal display supports.

The second section focuses on the measurement of time, the interaction between perception and vision. The dark spaces are enlivened by artificial lights, where the floor and walls become one and the objects are suspended on broken grids.

The third section is devoted to the representation of time through a series of limbos, which serve as the settings for small scenes in small theaters, in which the objects interact with each other. It also casts a light on people's intervention on time.

Panerai watches are on display, as well as new works by British artist Damien Hirst. He applies uses watch dials to create *Beautiful Sunflower Panerai Painting* and *Beautiful Fractional Sunflower Panerai Painting*, employing the spin painting technique.

The presentations are ironic, some-

times poetic, sometimes meditative and sometimes critical.

Designers are curious about what happens after time passes and what meanings remain.

The Chrono-Shredder turns passing time into an art design. The days of the year are represented on the parts of a single roll of paper; each day that goes by is eliminated by a paper shredder. The past, in the designer's eyes, has no value.

Who measures the life of time and how? Joe Velluto's tries to offer answers in *Time o Time*: an antique pendulum clock that measures time by marking the hours with its unmistakable sound.

But at the same time, the pendulum is connected to a digital display that measures the lifetime of the clock itself, fully aware that its value is inevitably linked to whether it is more or less "antique."

The passing of time, through a ticking clock, is perceived by the eyes. But in *Scented Time*, it's the sense of smell that is engaged.

Scented Time uses seven perfumed candles and a lava stone candleholder. Each candle emits a different scent that lasts 20 minutes, but before going out it passes its flame to the next candle.

One can figure out how much time has passed from the moment the first candle was lit.

A visitor, Wang Jialiang, expressed surprise at the exhibit. "Philosophers of art have ignored [this theme] for some time, but today, contemporary artists have explained it," he said.

“The documentarists felt the need to bolster the connection between art and society, and found documentary as their ideal medium for this endeavor.”

A local clinic: a kaleidoscope of rural livelihood



Cong Feng

By Chen Nan

Cong Feng's nearly four-hour documentary, *Doctor Ma's Country Clinic*, is named after the locally renowned practitioner of traditional Chinese medicine. The film doesn't focus on the doctor's medical practice, but rather, all that happens around him.

Portrait of a clinic

The small town of Huangyangchuan in Gansu Province is located in an arid mountainous area plagued by poor traffic conditions. In that remote and inaccessible town in rural China, Ma Bingcheng is a respected local doctor.

Owing to his medical skills – and also the lack of other doctors – many patients go to him every day.

Ma's clinic, a small room that serves as a waiting area, examination room and pharmacy, is like a secret outlet and a stage. People who wait to see the doctor usually chat with one another about their daily lives, or gossip about others.

The clinic is like a cafe, saloon or barbershop, a social gathering place for the community to come together to tell their stories or voice their complaints – even if no one is listening.

It becomes a dual space for healing physical maladies and expressing and sharing psychological suffering.

Topics include cheating bosses and deaf officials to brides bought for money from terrible places, and the existential fatalism of the area's ailing elderly populace.

For instance, a conversation that begins with a local farmer



Photos provided by Cong Feng



telling the doctor where it hurts turns into a dialogue about failing crops, the health of his son-in-law and labor issues.

Such lamentations of the cast a light on the lives and spirits of the people.

In the film, young adults almost never show up at Ma's clinic. That's because they are working or living elsewhere, probably far from home.

Through fragmented conversations, we get a full picture of an older generation that is now feeling the repercussions of decades of long labor for meager rewards. They are anxious, under constant uncertainty and ailments, whether physical, emotional or economic.

Gansu complex

This film is a portrait of life in small-town China, which director Cong has known for more than 10 years.

He quit his job at the National Meteorological Center to travel to the northwest on a personal quest for new experiences.

He engages in social and political filmmaking to interpret the vast changes that take place over time. He



spent years in Huangyangchuan filming everyday life, spending many dinners getting drunk with villagers and observing them, so much so that he began to recognize their behavioral patterns.

When he first walked into Ma's clinic, he was instantly hooked by the ambiance of the small place. He was astonished by the equipment and people's talkings around him.

In the following days of observation, Cong found Ma's life was, far from the plight he imagined, enriching, simple and leisurely. He was honored by locals, and also managed to find time to enjoy the company of friends.

“Gradually, I became friends with Dr. Ma,” Cong said. “I also decided to turn my lens on the place... As Dr. Ma saw his patients, I recorded them.”

Unconventional shooting

Unlike conventional jour-

nalism or filmmaking, Cong endeavored to take “a deep and thorough look” at the town. This, to some extent, may help explain the considerable length of the movie.

Over the filming course and before that, he lived there off and on for a long period.

In making this very extensive portrait, he took the approach of an anthropologist. He even refused to shoot using a tripod. For one, he didn't want to make the patients awkward; and he wanted to show respect for those being filmed.

Likewise, he avoids filming from a dominant position, often shooting with the camera in his hands. The shakiness during these scenes hints at a human quality to the work.

In making this very extensive portrait, he maintained the approach of an anthropologist. Above all, he lived, ate and drank with the people he was filming and not just briefly.

He offered his own historical and social account of China's changes over the decade.

Some critics said that Beijing artists and art patrons were concerned that an increasingly commercialized contemporary art scene was growing disconnected from China's reality.

“The documentarists felt the need to bolster the connection between art and society, and found documentary as their ideal medium for this endeavor,” he said.

Cong also remarked on how the availability of digital video and editing equipment accelerated the documentary movement at every step, from production to distribution, and how the Internet and screening program helped foster a critically engaged audience across the country.

“I hope all this will give rise to an independent film festival circuit that becomes increasingly visible and vital over a short period,” he said.

spring splash

By Annie Wei

As we emerge from winter, our bodies produce excess energy, and it's up to us to burn it. It's time to start new exercise regiments to shape your body for the new season.

Neicun's new bag and clutch

Clutch bags remain the must-have item this season. We like indie designer Wei Minhui's new product – both the big handbag (490 yuan) and clutch (239 yuan) are as green and fresh as a golf fairway.

Wei's brand Neicun aims to use recycled fabric to design something new – to be sustainable yet creative.

The new bags are available at UCCA and B.N.C. consignment stores at 798 Art Zone and Sanlitun.

You can also check out its Taobao store:

shop70837016.taobao.com.



Photo provided by Neicun Zaisheji



CFP Photos

Free training course

Many have heard of Nike Training Club (NTC), a free app popular worldwide that makes it seem like users have their own personal trainer. It helps design workout plans according to your goals and fitness level, and comes with 60 workouts you can allot 15, 30 or 45 minutes.

It comes with audio guidance for all the exercises so that users are sure they're using the proper form.

But for people who lack the persistence to work out alone, we recommend the free NTC courses held in three gyms in Beijing: Powhouse Gym at the LG twin buildings on Chang'an Avenue and TeraWellness Club at the Xizhimen and Dongsishitiao subway locations.

The upcoming event is on April 6 from 10 am to noon, or 3 to 5 in the afternoon.

"The exercises will be very intense," said Zhu Liang, a NTC member. "Bring your water."

Normally, the afternoon class has more participants than the morning one, but "the more players, the higher the mood in the gym," Zhu said.

Those interested should call 400 821 3903 to apply.

A cut above

Earlier this year, the fashion trend shifted so that items show bare skin, or a slide of stomach. Famous designers of international brands all want something fresh after the heavy layers of spring. Designers nowadays are more practical – gone are the exposed bellies of the 90s. The rib cage is the narrowest point on most women, no matter how old they are.

With regular exercise, you can feel confident enough to show off your feminine shape.

Such apparel is available from online stores like shopbop.com or net-a-porter.com. Both have deliver to the Chinese mainland.



CFP Photos

Restaurants offer regional cuisines

By Annie Wei

This week, *Beijing Today* introduces places where Beijingers can try regional fine dining.

Yishuiyuan – refined Mongolian, Hunan and Cantonese dishes

Along the southeast side of Sihui Station on Subway Line 1, across the river, is a gathering of high-end clubs that offer spas, wine and food.

Yishuiyuan is one such place, with an investor from Erdos, Inner Mongolia. The restaurant specializes in Cantonese food, the preferred cuisine of businessmen.

The owner has also invited a chef from Inner Mongolia to prepare special regional dishes.

The restaurant uses fresh and seasonal ingredients, and likes to create new dishes.

Among our favorites was the fried peanut sprouts, which were crispy and thicker – juicier than normal.

One dish we found particularly interesting was the pickled sweet garlic with scallops. The garlic is soaked in vinegar, taking the edge off the spice, and then it absorbs water and becomes juicy, fresh as a pear, with intense texture.

The golden crispy tofu (98 yuan), is made of bei-tofu, which has a rough texture. It's tucked with ham and deep-fried, then comes out looking like a biscuit, served with a delicious dipping sauce.

Huangjin guifei haixian fan (46 yuan) is a rice soup that comes with lots of seafood.

We also liked its vegetable soup made of ginseng and Malabar spinach. The chicken soup with ginseng was intense.

The fried agaric and towel gourd is a typical Cantonese dish, but the agaric was sourced from a wild forest in northeast China, making organic and healthier.

Typical Mongolian cuisine must

include lamb. The lamb we tried was from Inner Mongolia, tasting fresh and yummy.

For Hunan cuisine, we tried a version of spicy fish. The mandarin fish was prepared two ways – one deep-fried, the other cooked with vermicelli and topped with yellow bell peppers, quite spicy but good.

If you want to impress business partners with more rare ingredients, we recommend the abalone from the Middle East (2,180 yuan each).

The Yishuiyuan club has three floors with a cigar lounge and teahouse. Each dining room is spacious with windows, and is private yet comfortable.

Yishuiyuan

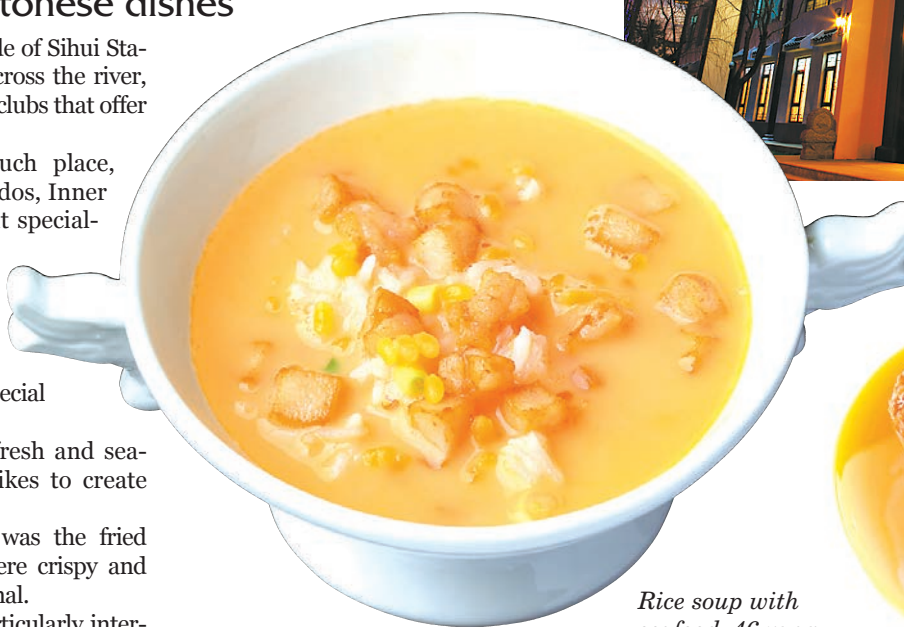
Where: 1065 Gaobeidian Lu, Chaoyang District

Open: 11 am – 10 pm

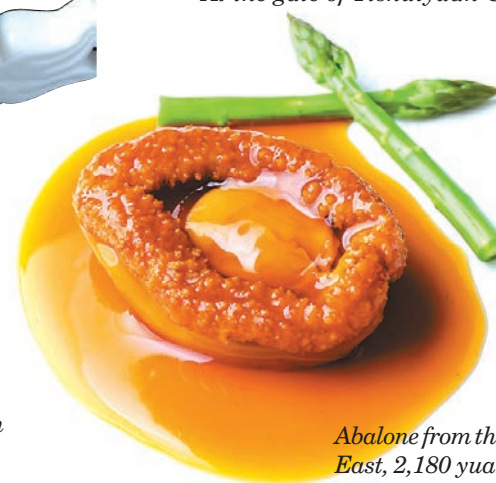
Tel: 6586 6663



At the gate of Yishuiyuan Club



Rice soup with seafood, 46 yuan



Abalone from the Middle East, 2,180 yuan



Yishuiyuan's tea house

Photos provided by Yishuiyuan

Guilin food week

Although there's a Guilin Mifen (rice noodle) on every corner, most are quite unlike the stuff in Guilin.

To taste authentic Guilin food, we recommend Guilin Food Week at The Oriental from April 8 to 21.

The Oriental restaurant at

Traders Hotel is inviting two chefs from Shang Palace restaurant in Shangri-La Hotel, Guilin to host the event. They'll make rice noodles and snails stuffed with minced pork, beans with fungus and vegetables, dryfish with pickle sour beans, braised pork ribs with

osmanthus and fresh fish braised with Guilin beer.

The Oriental

Where: 1F, The Traders' Hotel, 1 Jianguomenwai Dajie, Chaoyang District

Open: 11 am – 2:30 pm; 5:30-9 pm

Tel: 6505 2277 ext. 34

Snail rice noodle delivers to your doorsteps

Mr. Snail Noodle, an eatery that earned its fame last year through SinaWeibo, launched its Taobao store last month.

Its owner, surnamed Ma, said Taobao allows consumers nationwide can enjoy Guangxi snail noodles, which come with simple steps for preparation.

In just three days, it has sold 10,000 items, including snail noodle package (17 yuan) with dry noodle (150 grams), pickled beans and radish (100 grams), fried peanuts (50 grams), spicy fried garlic oil (50 grams) and pickle chilies (50 grams).

Everything is easy to prepare.

Take the dry noodles and soak them in hot water for 15 minutes. When the dry noodles are prepared, cook them with the rest of the ingredients in 500 milliliters of water. Add other ingredients like fresh vegetables as you like.

Website:

mrluosifen.taobao.com



Guilin rice noodle

Photo provided by The Traders' Hotel